



BETTER HEALTH THROUGH PREVENTION

COMMUNITY HEALTH PROGRAMS

Fall 2022

Last updated: Sept 2, 2022

Prices apply to the fall 2022 semester.



PERFORM CONDITIONING FLOOR – OPEN TO ALL

Participants on the PERFORM conditioning floor benefit from the most advanced fitness equipment, access to the latest teaching methods and recent research findings. Programs on the conditioning floor are tailored to individuals with and without mobility challenges. Members are encouraged to take part in PERFORM's research and training programs.

Register at the front desk Monday-Friday 6:30am -10pm, and Saturday and Sunday 8am – 6pm. Prices are listed below.

	<u>Day</u>	<u>10 pass</u>	<u>1 mo</u>	<u>2 mo</u>	<u>3mo</u>	<u>4 mo</u>	<u>1yr</u>
Concordia Students	\$5	\$50	\$31.25	\$46.88	\$65.63	\$70	\$195.69
Concordia Staff, Faculty, Alumni and Seniors (60+)	\$8	\$80	\$50	\$68	\$90.25	\$95	\$250.00
Public	\$10	\$100	\$68.75	\$120	\$155	\$160	\$430.51

Rates are subject to applicable taxes. Payments can be made by Interac, VISA, Mastercard or American Express. The PERFORM conditioning floor follows the University Academic Calendar and will be closed University Holidays in 2022 that include September 5, October 10, and December 24 – January 8.



KINESIOLOGY CLINIC

The Clinic offers fitness assessments performed by kinesiology internship students who are directly supervised by qualified fitness professionals.

GOLD MEMBERSHIP PROGRAM- \$50 + tax

Available to one-year members only. Includes a towel card, a membership hold of up to 8 weeks, and a locker. There is a limited amount of lockers. Program available until quantities last.

PLATINUM MEMBERSHIP PROGRAM- \$75 + tax

Available to one-year members only. Includes a towel card, a basic assessment and program with a student trainer, a membership hold of up to 4 months, and a locker. There is a limited amount of lockers. Program available until quantities last.

MEMBER REWARDS PROGRAM

Available to one-year members only. When a one-year member refers someone who then becomes a member for one-year at PERFORM, both members are rewarded with a one-month membership.

EQUIPMENT ORIENTATION - FREE

Are you new on the conditioning floor and need help learning how to use the equipment? This complimentary equipment orientation has been designed for you! Make an appointment at front desk to reserve your orientation.

OTHER SERVICES

We also offer athletic therapy, nutrition services and fitness testing. Please ask our front desk staff.



**ATHLETE LIFTING SCHEDULE &
GROUP CLASSES ON CONDITIONING FLOOR**
(Sept 6 - Dec 23, 2022)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FOOTBALL 9 - 10 AM	FOOTBALL 9 - 10 AM	FOOTBALL 9 - 10 AM	HOCKEY/ SOCCER 9 - 12 AM	HOCKEY/ SOCCER 9 - 12 AM		FOOTBALL 8 AM - 12 PM INDIVIDUAL DROP IN
	M & W HOCKEY 10 AM - 12 PM	M & W HOCKEY 10 AM - 12 PM				
HIIT 12:15 - 12:45 PM	40+ LIFTING 12 - 12:50 PM	HIIT 12:15 - 12:45 PM	40+ LIFTING 12 - 12:50 PM			
FOOTBALL 1 - 2 PM	FOOTBALL / M-BASKETBALL 1 - 2 PM		M-BASKETBALL 1 - 2 PM			
BASKETBALL 3:15 - 4:15 PM	W-BASKETBALL 3:45 - 5 PM	M-BASKETBALL 3 - 4 PM			BASKETBALL 2:30 - 4 PM	
	W- RUGBY 5 - 6 PM	M- RUGBY 5 - 6:30 PM	M- RUGBY 5 - 6:30 PM			
BOOTCAMP 7 - 8 PM		BOOTCAMP 7 - 8 PM				

INDIVIDUAL CONDITIONING PROGRAMS AVAILABLE ON THE CONDITIONING FLOOR

Receive personalized support and guidance from a qualified fitness professional. Depending on your needs, you can work with a student in the Kinesiology Clinic or a level 1, 2, or 3 trainer.

Programs (Prices in the table do not include taxes).	Clinic	Clinic	Level 1	Level 2	Level 3	
	Students	Public				
Basic Assessment and Introductory Program- Includes two appointments of 45 min-75 min. This program is designed for those wanting <u>one</u> basic program to get started on the conditioning floor. <u>Options:</u>	-	\$80	\$86	\$104	\$140	
Additional program	-	\$15	\$43	\$52	\$70	
Additional fitness component	-	\$5	\$10	\$12	\$15	
Comprehensive Fitness Package – 2 x 1 ½ - 2 hr appointments A safe and effective exercise program will be designed based on the results of a complete fitness assessment.	\$75	\$149	\$173	\$207	\$280	
Functional Movement Screen and Program – 2 x ½ hr This screen, developed by Functional Movement Systems Inc.™, is designed to assess movement and provide corrective exercises to improve performance and prevent injury.	\$25	\$60	\$65	\$78	\$105	
Initial/ Follow up Fitness Assessment – 2 hr These fitness assessments are appropriate for participants who would like more knowledge about their current level of fitness. Includes cardiovascular, muscular, and flexibility assessments, and goal counseling.	\$45	\$89	\$97	\$117	\$158	
Revised Program Design – 2 hr This service is available to participants who want to revise their current program. Participants meet with a trainer to ensure that changes are safe, effective and get the desired results.	\$45	\$89	\$97	\$117	\$158	
Follow up Fitness Assessment and Revised Program Design combo (2 appointments) 1.5 hr assessment and 1 hr program delivery	\$60	\$120	\$130	\$156	\$210	
Training Appointments For participants who have an existing PERFORM program and would like support, via skype or in person, while they exercise. The appointments can be used to discuss healthy lifestyle goals and next steps. * For members only. Non-members are required to pay a day pass fee. ** Buy ten get one free.	½ hr	-	\$22	\$26	\$35	
	1 hr	\$10*	\$15*	\$43**	\$52**	\$70**
	5 x 1 hr	\$50*	\$75*	\$216	\$259	\$350

GROUP CLASSES (6-20 PARTICIPANTS): REGISTRATION BEGINS AUGUST 29.

BE FIT FOR YOUR LIFESTYLE! JOIN US FOR THE FALL SESSION SEPTEMBER 12 – DECEMBER 9, 2022.

Rates for the public, students, and members of the Conditioning Floor 13 weeks (taxes not included)	Public	Member/ Concordia Staff/ Faculty/ Alumni/ Seniors	Student
Bootcamp – Challenge your upper body, leg and core strength in a high intensity circuit on the conditioning floor. Mon/Wed. 7-8 PM. Sept. 12 – Dec 7. No class on Oct 10. (max 6) Instructor: Pierre Tobjian	\$70	\$60	\$57
Seniors Bootcamp –Tone muscles, improve strength and improve balance while performing functional movements. Fri. 10:30 – 11:30. Sept 16- Dec 9. (max: 15) Instructor: Bruce Kubick	\$60	\$53	\$50
40 + Lifting – Learn the proper weightlifting technique for basic weightlifting movements. Tues/Thurs. 12:00-12:50 PM. Sept. 13 – Dec. 8. (max 20) Instructor: Liz Breton, Strength and Conditioning Coordinator (CSCS), Recreation and Athletics	\$70	\$60	\$57
Re-energize Yoga – Restorative yoga (all levels). Thurs. 2 -3 PM. Sept 15- Dec 8.(Max 15) Instructor: Leslie Bronstein	\$70	\$60	\$57
Classic Yoga - Explore different poses and different themes (level 1-2). Tues/Thurs. 12:30-1:30 PM. Sept 13- Dec 8. No class on Sept. 27 and Oct. 4 (max 15) Instructor: Leslie Bronstein	\$95	\$83	\$80
Yoga – Fun with fundamentals (level 1). This practice helps you to use the mind body connection to increase your balance, flexibility and strength for wellness and calm. Props and chairs will be used. Tues. 10:30-11:30 PM Sept 13- Dec 6. No class on Sept. 27 and Oct. 4. (max 15) Instructor: Leslie Bronstein	\$60	\$53	\$50
HIIT - A high intensity interval training program designed to challenge your cardiovascular system and have fun. This class is intended for healthy moderately - highly active participants. Mon/Wed. 12:15-12:45 PM. Sept 12 – Dec 8. No class on October 10. (max 16) Instructor: Alexandra Boulanger, Stinger Athlete, Women's Hockey Team	\$40	\$35	\$32



GROUP TRAINING FALL 2022 (Sept 12 – Dec 9)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30 - 11:30 AM		YOGA - FUN WITH FUNDAMENTALS 10:30 - 11:30 AM			SENIORS BOOTCAMP 10:30 - 11:30 AM
12:00 - 1:30 PM	HIIT 12:15 - 12:45 PM	CLASSIC YOGA 12:30 - 1:30 PM	HIIT 12:15 - 12:45 PM	CLASSIC YOGA 12:30 - 1:30 PM	
2:00 - 3:00 PM				RE-ENERGIZE YOGA 2 - 3 PM	
7:00 - 8:00 PM	BOOTCAMP 7 - 8 PM				
		40+ LIFTING 12 - 12:50 PM			
				40+ LIFTING 12 - 12:50 PM	

